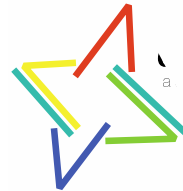


Best Practices in Sexual Assault Prevention Programming: Perspectives from Elemental's Creators & Participants

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What is Elemental?

- * Elemental combines:
 - * educational programming on:
 - * assault, consent, party culture, and party safety
 - * physical and verbal self-defense training:
 - * vary in intensity and level of violence



Efficacy of Elemental

- * 66% lower risk of experiencing any kind of assault
- * attitude changes that persist for the long-term

Elemental

- * Key features:
 - * Grounded in science and best practices
 - * Promotes contextual awareness
 - * Inclusive and realistic
 - * Flexible

Best Practices in Prevention

- * Grounded in science
 - * designed, tested, refined, and implemented in the face of continuous scientific scrutiny



Best Practices in Prevention



- * Promotes contextual awareness & response
- * Helps students recognize situational cues associated with danger and offers strategies for dealing with those dangers

Best Practices in Prevention

- * Inclusive & realistic
 - * deals with the realities of assault, acknowledges that assaults are not limited by gender or sexual orientation, and deals with the kinds of threats students are likely to face



Best Practices in Prevention



- * Flexible
 - * offers students choices in how they respond to threatening situations based on how they feel

Student Perspectives

- * Elemental can be taught in several formats (6 hours, 9 hours, a full semester, etc.) – what format was your class in?
- * When you signed up for Elemental, what did you think the course would be like?

Student Perspectives

- * What was the most surprising feature of Elemental?
- * How does Elemental differ from other programs you have taken (e.g. required online training, programs offered in the residence halls, etc.)?

Student Perspectives

- * Elemental teaches both physical and verbal self-defense. Was the physical self-defense training useful for you? Why or why not?
- * Was the verbal self-defense training useful for you? Why or why not?

Student Perspectives

- * Elemental also includes a lot of instruction on consent, alcohol, party culture, and so forth. Was that aspect of the program useful for you? Why or why not?
- * Do you think it is useful to combine this kind of educational programming with the self-defense training? Why or why not?

Student Perspectives

- * Self-defense training requires some physical interaction with others and that can be uncomfortable. What was the most uncomfortable aspect of the program for you and how did you deal with it?
- * How did you feel about having men training in the class alongside you?

Student Perspectives

- * Student who complete Elemental receive video review materials of the entire program. Did you use these materials after the program ended?
- * How has Elemental changed you as a person and would you recommend it to others?